

## Walnut Coconut Encrusted Chicken or Tempeh

\*recipe modified from Kripalu Seasonal Menus

### Ingredients

- 1 pound chicken tenders or 12 ounces of tempeh\* (pre-marinated)
- 2 cups toasted walnuts, roughly chopped
- 2 ½ cups unsweetened coconut
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ¼ cup Dijon mustard
- 3 tablespoons Honey
- 2 tablespoons tamari (only if using tempeh) plus 1 cup water
- Mango-Ginger Sauce (recipe follows)

\*If using tempeh, cut into 1-inch by 3-inch strips. Marinate in tamari and water for at least 4 hours preferably overnight.

### Directions

1. Pre-heat oven to 350 degrees.
2. Place walnuts in the bowl of a food processor, and then pulse until ground. Transfer into mixing bowl. Stir in coconut, salt, and pepper. Set aside.
3. In a shallow bowl, combine the mustard and honey. Set aside.
4. Dip each piece of chicken or marinated tempeh into a mustard mixture, coating both sides, then into the walnut-coconut mixture, coating both sides. Place pieces onto oiled baking sheet. Bake until cooked through, 20 -25 minutes. Serve hot with Mango-Ginger Sauce.

Serves 4

## Mango-Ginger Sauce

\*recipe modified from Kripalu Seasonal Menus

### Ingredients

- 2 ½ cups chopped mango (fresh or frozen & thawed)
- 5 Tablespoons fresh lime
- 3 Tablespoons minced ginger
- 1 teaspoon toasted cumin seeds
- 1 teaspoon honey
- 1 jalapeno, minced (remove the seeds depending on how much heat you prefer)
- 1/2 teaspoon salt

### Directions

Combine all ingredients in blender. Puree until smooth. Serve cold or at room temperature.

Makes about 3 cups